

Coaching Tip Number 184

Halfway through the Year, How are your Goals being Reached?

Coaching tips will come out once a month to give you a flavor for what coaches do in an active coach/coachee relationship. If you have others that you would like this tip to go to each month you may send me their name and I will make sure they are added to the distribution list or you may forward this information yourself. For more information about coaching services at Marshall Space Flight Center you may contact Janie Moyers at 544-7552 or email Amanda.J.Moyers@nasa.gov.

With the month of June almost over, that means summer is here and we are halfway through the year -- so putting it in sporting terms: It's Halftime!

In a sporting event, the players are given a break at the half in order to refresh themselves, look at how they played in the first half, and set strategy for the second half. So as you approach halftime, here are some thoughts. Do you have a vacation planned in the next two months that will give you the needed break and refreshment? If not, schedule one this week! How did you "play" in the first half of this year? Have you met your goals that you established at the beginning of the year? Here are a few ideas to evaluate where you are at with your goals as you approach the halfway mark.

Take some time to sit down alone and review your goals. How many are you on mark to make? How many have you not even begun on? How many have you achieved?

For those you haven't even begun, my suggestion would be to reset your goal at 10 percent of the original goal. Obviously this goal hasn't been a priority, for whatever reason, and most likely won't suddenly become so. But you can make some ground. Set a small increase for the remaining six months and get ahead a little in these areas.

For the goals you are on pace to achieve, try to stretch about 10 percent. So, to give it a numerical value; if your original goal was 10 and you have already reached 5 after halfway, stretch yourself to try to achieve 11 by the end of the year. This will give you a good reason to kick into high gear as the year progresses.

For those goals you are on pace to break strongly through, try an increase of 50 percent.

And finally, for the goals you have already reached, try to set the new goal at 100 percent of the original goal.

In all of these remember that it is better to try hard, and even fail at a higher goal, than to take the easy route and attain nothing at all!

Best of luck as you re-evaluate your goals!